



TOM HORNE
SUPERINTENDENT
OF PUBLIC INSTRUCTION

The Well Street Journal

is published quarterly by the Arizona Department of Education.

The Well Street Journal is a tool to update administrators, school nurses, and food service directors on current legislation and general health concerns, that effect the wellbeing of Arizona students.

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WELL STREET JOURNAL



For School Administrators

VOLUME 1, ISSUE 1 OCTOBER 2005

DOES YOUR SCHOOL MEET THE GUIDELINES FOR PHYSICAL ACTIVITY?

Under the direction of the Centers for Disease Control and Prevention, a panel of physical activity professionals gathered to review over 850 sources of scientific study on various issues related to physical activity and youth: weight, adiposity, cardiovascular health, asthma, mental health, academic performance, injury, and musculoskeletal health and fitness. The outcome of their review was a summary article and a recommendation on physical activity for school-aged youth supported by a systematic evaluation of evidence: "school-age youth should participate every day in 60 minutes or more of moderate to vigorous physical activity that is enjoyable and appropriate."

Indicators of cardiovascular health (lipids, blood pressure, and aerobic fitness) are closely related to overweight and adiposity with regards to evaluating the effects of physical activity. It is clear from the research conducted that there are great health benefits from making physical activity a priority for youth, starting in preschool. Suggestions for increasing physical activity opportunities in schools include expanding the school day to make room for physical activity programs and intramural sports. In addition more support could come from community organizations and sport programs.

The recommendations from this article are consistent with those from government

agencies and professional associations such as Centers for Disease Control and Prevention and the American College of Sports Medicine.



"School-age youth should participate every day in 60 minutes or more of moderate to vigorous physical activity that is enjoyable and developmentally appropriate."

HB2544 - ARIZONA NUTRITION STANDARDS

Pursuant to the Arizona House Bill 2544, all kindergarten through eight grade schools are required to abide by the Arizona Nutrition Standards set forth by the Arizona Department of Education (ADE) effective July 1, 2006. The foundation for the Arizona Nutrition Standards was based on the 2005 Dietary Guidelines for Americans and the United States Department of Agriculture's Federal Child Nutrition Programs regulations.

In addition to federal guidelines, several test pilots and

research programs conducted throughout the country contributed to the development of the nutrition standards. These studies were designed to assist in setting limits for foods that insignificantly contribute to a healthy lifestyle. The developers consisted of a wide variety of Education and Health Professionals, government agencies, and community members.

HB2544 requires ADE to develop and monitor the compliance of the Arizona Nutrition Standards (AZNS). ADE is allowing for a 60 day, public

comment period. The comment period was effective August 15, 2005.

The AZNS will apply to foods and beverages sold in vending machines, snack bars, a la carte, fundraiser and school events during the normal school day.

To view and comment on the AZNS please go to:

www.ade.az.gov/health-safety/cnp/HB2544/AZMinStds2.pdf

HB2544comment@ade.az.gov

WHAT CAN TOO MUCH SUN DO TO OUR STUDENTS?

With the recent news of heat-related deaths in Arizona, protecting our students during the summer days has been a major concern for many school nurses, principals, and superintendents. Physical activity is important for our children, but we also know we need to take extra precautions in Arizona due to the extreme heat.

The very young and the very old are at the highest risk for heat-related illnesses, therefore the issue should not be taken lightly.

Our body keeps itself cool by

letting heat escape through the skin, and by evaporating the sweat (perspiration). If the body cannot cool properly or does not cool enough, there is a higher risk of heat-related illnesses.

Because there are several types of heat related illnesses, all staff should be trained on the signs of heat exhaustion and heat stroke. Signs and treatment for each are very different. Each school/facility should establish a policy and plan on how to deal with extreme temperatures. The following are the signs and treatments for each heat-related illness.

Heat Exhaustion

Signs: Heavy sweating and weakness; cold, pale and clammy skin; weak pulse, fainting and vomiting; core temperature usually 101.8°F or higher, but normal temperatures are possible.

Treatment: Get the person out of the sun. Move the person to a cooler environment. Lay the person down and loosen clothing. Apply cool wet cloths and give sips of water. If nausea occurs, discontinue sips of water. If vomiting continues, seek immediate medical attention.

Heat Stroke

Signs: Severe medical emergency, high body temperature (105°F) or higher; hot dry skin; rapid and strong pulse, possible unconsciousness.

Treatment: Call 911. If you're unable to get the person to medical help immediately, do the following: move the person to a cooler environment, remove outer clothing, reduce body temperature using lukewarm (not cold) water to bathe/sponge the person. Do not give fluids.

IS YOUR SCHOOL PREVENTING THE RISE IN CHILDHOOD OBESITY?

This past April, School Superintendents across Arizona received a memorandum sent jointly from the US Department of Agriculture, the Centers for Disease Control and Prevention, and the US Department of Education. The purpose of the memo was to notify all Local Education Agencies (LEA) of the need to develop and implement a local wellness policy.

To help combat childhood obesity and improve children's health, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children

(WIC) Reauthorization Act of 2004. On June 30, 2004, the President signed the legislation into law. The new law requires every LEA participating in the National School Lunch Program (NSLP), School Breakfast Program (SBP) or Special Milk Program to develop a local wellness policy by the start of the 2006-2007 school year.

The U.S. Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems associated with poor nutrition and physical inactivity.

The law places the responsibility of developing a wellness policy at the local level, so the individual needs of each LEA can be addressed.

School districts are required to set goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness. The development of the wellness policy must involve a broad group of members of the community. Districts must set nutrition guidelines for all foods and beverages available on school campuses during the school day.

The Arizona Department of Education expects school administrators will embrace this opportunity to further promote student health thereby helping to reduce childhood obesity and its associated risk factors, such as type II diabetes and asthma. Children spend many of their waking hours on school campuses and approximately thirty-one percent of US children and adolescents are overweight or obese. ADE is hoping schools can play an important role in aiding in the health of their students.

ARIZONA ALLOWS STUDENTS TO CARRY THEIR OWN INHALERS

Arizona school nurse offices have become a growing storage facility for inhalers and various other self medicating prescriptions for children; mainly due to the continuing rise of childhood asthma.

However this may change due to a new state law which took effect in August. The law allows children to self-medicate if they are having an asthma attack.

The original concern to allow children to carry their own inhalers was that many schools do not have a registered nurse on campus during all hours when children are in attendance. And as some may know, when an asthma attack occurs, immediate attention is needed.

The law requires school boards to allow students to carry and self-administer breathing dis-

order prescription medication in hand-held inhalers. Additionally, school districts and their employees will be exempt from civil liability for decisions made to implement the policy. The bill also requires parents to provide annual written documentation authorizing the pupil to self-administer their inhaler and clarifies that children may use the inhalers that are prescribed by physicians or by any licensed health care professional.

In addition, the child's name must be labeled on the handheld inhaler or medical container.

For more information regarding this law please visit the Arizona State Legislature website and search for HB2229.

www.azleg.state.az.us/

CLASSROOM REWARDS THAT DON'T INCLUDE FOOD.

The issue of obesity and children has been a hot button topic for many, particularly for those who know the correlation between health and academic performance. It is well known that individuals who are overweight or obese and physically inactive are more at risk for developing chronic diseases such as diabetes, heart disease and cancer. This is particularly troubling knowing the statistics that have been published by the Centers for Disease Control and Prevention. The CDC reported the percentage of children who are overweight has doubled from 7% to 14% and the percentage of overweight adolescents has tripled from 5 to 16% in the past 20 years.

It is true that there are many factors contributing to obesity, and it is also known that school aged children and adolescents

spend the majority of their waking hours at school. As a result many schools around the country have decided not to be part of the problem, but part of the solution to decrease the rates of childhood obesity. They are making their school environments healthier by developing and implementing wellness policies. Those schools who are participating on the National School Lunch and Breakfast Program are required to develop and put in place a wellness policy by July of 2006. Regardless, many schools, mandated or not, have realized that they need to change their environment to improve the health of their students and teach their students to make healthier choices for their futures.

Classroom rewards and incentives can be a great way to

encourage positive behavior, however, many foods that are typically given out as reward counteract healthful eating messages. Schools are a place where model behavior is expected, and items given out to students should not be the exception. If food is used for a reward, healthy choices with proper portion sizes should be promoted and it should be part of a larger learning experience.

There are many non-food awards that can be given for good behavior. The list below, from North Carolina's Recommended Standards for All Foods, provides a few ideas of healthy incentives and awards.

- Extra computer time
- Group activity or game
- Coupon for prizes and privileges
- Walk break from class
- Field Trip
- Free Pass to a sporting event or play
- Pencil, books, or magazine subscription
- Stickers
- Pencil Toppers
- Small sports equipment
- Prime parking spot for high school students
- Recognition in schools announcements
- Taking care of class pet
- Free Time at the end of Class
- Music while doing school work

WHAT DOES THE AIR WE BREATHE CONTAIN?



The Arizona Department of Environmental Quality (ADEQ) sets air quality standards to protect the children and adults of Arizona from adverse health effects. For example air pollutants.

So what are air pollutants? Air pollutants are ground level ozone, particulate matter, carbon monoxide, lead, sulfur dioxide, and nitrogen dioxide. Each pol-

lutant has its own specific standard.

Several of these pollutants, including ozone and particulate matter, have been associated with increases in respiratory-related diseases in children. The air pollutants reduce the lung function and increase the severity or frequency of asthma attacks.

To help protect our children the ADEQ releases daily forecasts for the common valley air pollutants. These forecasts can be heard daily on local news agencies and advise the public of days when ozone concentrations are expected to exceed health-based standards.

www.azdeq.gov/environ/air/index.html

IS SUN WISE A PART OF YOUR CURRICULUM?

As Arizona residents, we all know it can be one of the hottest places in the world from the months of June to September. It also ranks number 2 in the world for skin cancer, Australia is number 1. Another known fact is that 80 percent of a person's lifetime exposure to the sun occurs within the first 18 years. With these facts, it is important to start educating and protecting

our children in Arizona.

In August of 2005, Arizona became the first state to mandate sun safety education in all Arizona K-8 public and charter schools. The "Sun Wise School Program" is a program developed by the Arizona Department of Health Services in January of 2003. It is an environmental health education program that

teaches children how to protect themselves from overexposure to the sun. The program features sun safety activities that are easily incorporated into existing curricula, and the time commitment is minimal.

For more information regarding the Sun Wise School Program or to become a "SunWise" school please contact:

Arizona Department of Health Services

Office of Environmental Health

(602) 364-3143

www.azdhs.gov/phs/sunwise/

or

www.azleg.state.az

S.B. 1297

ARE SCHOOL LUNCHES REALLY HEALTHY?

Schools are often criticized for the meals they provide to students under the National School Lunch Program (NSLP). They are frequently touted as fattening, greasy, and generally unhealthy. However recent research has proven that school lunch is in and sack lunch is out.

Dr. Alice Jo Rainville of Eastern Michigan University conducted research to determine whether sack lunches from home are better than school meals. She concluded school lunches provided three times as many dairy products, twice as much fruit and seven times the amount of vegetables compared to lunches brought from home. Additionally, she determined that students who ate school lunch

consumed less calories from fat than students who ate a sack lunch from home.

The United States Department of Agriculture (USDA) and the Arizona Department of Education (ADE) have developed nutrition standards based on the Dietary Guidelines and recommendations from the USDA Children's Nutrition Research Center and the National Research Council. These standards include one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, Calcium, no more than 30% of total Calories from Fat and less than 10% from Saturated Fat. Arizona schools participating in the NSLP are required to serve meals that meet the estab-

lished standards. Schools are monitored by ADE to ensure the meals they are serving meet the standards. Additionally, many AZ schools analyze their own menus to determine whether the meals they are serving are nutritious, and meeting the nutrition standards.

There is often a misconception that school meals are unhealthy because they frequently offer pizza, chicken nuggets, french fries, and cheeseburgers. However, many schools utilize products that are low in fat or lean, baked instead of fried, and include whole grains. This allows schools to offer foods that students enjoy while still providing a healthy well-

balanced meal.

A goal and standard of school nutrition professionals and the ADE is to provide safe and healthy meals to Arizona's students. So, the next time you are about to pack your lunch, swing by your school's cafeteria and enjoy your very own healthy school meal.



Targeting Trends Conference

School Wellness Policies

When: November 1, 2005

8:00am-4:00pm

Where: The Buttes Resort, Tempe, AZ

For: School Board Members, Superintendents, District officials, Business officials.

Featuring:

- Pat Cooper, Superintendent of McComb School District
- Vickie James, RD, LD-Director of Healthy Kids Challenge
- Jennifer Weber, MS, RD— Legislative Liaison, American Dietetic Association.
- Specific information about HB2544,
- Panel of AZ principals who have implemented the guidelines of HB2544

Presented by Dairy Council of Arizona & AZ Action for Healthy Kids.

For more information contact :

Terri Verason, Dairy Council of AZ

480-966-7211 or tverason@dcaz.org

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Printed in Phoenix, Arizona, by the Arizona Department of Education , Cost, etc. XXXXXXXXX